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U. S. Department of Agriculture

Thurs., Jan. 19/28

Housekeepers' Chat

(NOT FOR PUBLICATION)

Subject: "Soups That Satisfy." Approved by U. S. Bureau of Home Economics.  
Recipe for Split Pea Soup from Bureau.

---ooOoo---

I still maintain it's a funny world. Last month I asked for suggestions, as to what recipes you wanted during January. Among the numerous suggestions sent me was one request from a listener of this state, who wants me to broadcast the garbled recipe I broadcast last year. Now, I ask you, is that a practical suggestion? Certainly not, but still I feel that I wouldn't be doing my duty, if I ignored the request. So here's the recipe. You need not write it down.

Once upon a time there was a young bride who asked her husband to copy off a radio recipe she wanted. The lad did his best, but got two stations at once, one of which was broadcasting the morning exercises, and the other the recipe. This was the result:

"Hands on hips, place one cup of flour on the shoulders, raise knees and depress toes and mix thoroughly in one half cup of milk. Repeat six times. Inhale quickly one half teaspoon of baking powder, lower the legs and mash two hard-boiled eggs in a sieve, exhale, breathe naturally and sift into a bowl.

"Attention! Lie flat on the floor and roll the white of an egg backward and forward until it comes to a boil. In ten minutes remove from the fire and rub smartly with a rough towel. Breathe naturally, dress in warm flannels, and serve with fish soup."

That's all of the recipe, and speaking of fish soup reminds me that I really must get to work, and give my soup talk. This is the way it begins:

Clear soup is often served at the beginning of a meal, as an appetizer. Clear soups are largely water, and are valuable as stimulants, to the digestive juices. Cream soups, and vegetable soups, are nutritious because of the milk and vegetables they contain. A rich, thick soup, served with bread and butter or toasted crackers-- may occasionally be the main dish in a winter menu. Soup meals are economical. They provide a good way of using left-over bits of fish, meat, poultry, vegetables, and cooked cereals. Meat fats, used in small quantities, give flavor. When enough meat is added to make the soup a hearty one, the whole meal may be served from left-over bits. Dumplings are frequently added to soups made this way.

And by the way, there's an excellent recipe for dumplings in the radio cookbook.

I have a number of soup questions, which I've been saving for today. I'll



answer these questions, and then give you a good soup recipe.

First question: "What kinds of meat, in general, are used for soup?"

Answer: The tough cuts of meat, containing bone, lean, and connective tissue, with little fat, are used for soup. The tough cuts are usually just as well flavored as the tender cuts, and lower in price. Remember that the aim in making soup is to extract as much of the meat flavor, and of the protein that forms gelatin, as possible.

Second question: "Please tell me whether meat for soup should be started in cold or in hot water."

Answer: First, sear a portion of the soup meat, to develop the flavor. Then add cold water, and simmer until the broth has a rich "meaty" flavor. The cold water is used so as to draw out as much of the meat juice as possible into the soup. After cooking, take out the meat, and set the soup aside to cool. The fat will come to the top, and generally can be lifted off in a solid cake. This meat broth or meat stock, is then ready to serve as a clear soup, or it can be used as stock for vegetable soup.

Third question: "Is there any food value in the meat left over from soup-making?"

Answer: The left-over meat has food value, although it is rather flat in taste. Left-over soup meat can be used in croquettes, baked hash, or as filling for stuffed peppers.

Next question: "Please tell me what to serve as accompaniments to soup."

Answer: Bread and butter, crackers, or saltines are good served with soup. If you want something different, put the crackers or saltines in a pan, brush them with melted butter, sprinkle with grated cheese, and bake until delicately brown. The crackers burn easily--watch them carefully while they're baking. Or you may use stale bread, buttered, cut in cubes, and browned in the oven. The French call these toasted bits of bread, "croutons."

I wonder if you have ever made Cheese Biscuits. They're good with soup. I use a standard biscuit recipe, and add soft, grated, sharp-flavored cheese, in the proportion of four tablespoons of cheese, to one pint of flour. Mix and bake in the usual way. Here's another suggestion which may be new to some of you. A friend of mine served Twin Cheese Biscuits at a luncheon last week. She made the Twin Cheese Biscuits by cutting biscuit dough into small, thin rounds. Then she spread a layer of soft, sharp-flavored cheese, on top of a round, covered it with another round, and baked as usual. Especially nice, I thought, for luncheon.

Next question: "I wish you would please send me a few good recipes for hearty vegetable soups."

Answer: This is an easy one. I'll send you a copy of the Radio Cookbook, and you can take your choice of Bean Soup, Turnip Soup, Onion Soup, Spinach Soup, and two other soups. The Radio Cookbook affords infinite variety, in soups.





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Now I am going to call your attention to a very special soup recipe, which is not in the cookbook -- yet. This is Split Pea Soup.

There are eight ingredients in this very special soup. Ready to write them? Eight ingredients, for Split Pea Soup:

- 1 cup dried split peas
- 2-1/2 quarts water
- 1/4 cup diced salt pork
- 1 small onion, sliced
- 1 pint milk
- 2 tablespoons flour
- 2 teaspoons salt, and
- 4 or 5 drops tabasco

I'll read the eight ingredients again, for Split Pea Soup: (Repeat)

Wash the peas thoroughly, and soak them overnight in 2 cups of the water. In the morning, add two quarts of water and simmer until the peas are soft. Press the peas through a fine sieve, mix with the liquid from the peas, and place in a double-boiler. Dice the pork into very small pieces, cook it until crisp, and remove it from the fat. Cook the onion in the fat until yellow. Mix the flour with the fat and onion, and when blended, add to the pea mixture with the milk, and stir until thickened. Just before serving, add the cubes of crisp pork. Serve with a slice of lemon in each soup plate.

That's that, and I think we can use this soup as the basis for today's dinner. Let's serve Cheese Biscuits with it. And for dessert, let's have something very extra special. "What shall it be? What shall it be? I looked at John, and John looked at me." And if I read John's mind aright, he is thinking of Upside-down Pineapple Cake. Very well, John, you can have your way -- this once -- on this very extra special occasion.

Now our menu is this: Split Pea Soup, Cheese Biscuits, and Upside-down Pineapple Cake. The recipe for Upside-down Pineapple Cake is in the Radio Cookbook, on page 54, so I shall not broadcast this delectable recipe. If you do not have your copy of the Radio Cookbook, please send for it. The cookbook is free, to all women who listen regularly to Station \_\_\_\_\_.

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